



TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

# TVDSA Newsletter

## In this Issue

Where did the Summer go? Is it time to think about going back to school already? In the August newsletter you can read an article written by a special education teacher who gives tips how to have a successful upcoming year and an article about Teen Bullying rates. Also read about how NYC is changing the handicap logo. If you know anyone who is artistic, check out IPULs Art for Art.

We hope you have started your Buddy Walk team, and started preparing for the 11<sup>th</sup> Annual Buddy Walk on October 12<sup>th</sup>! We have a goal of 2,000 attendees, we hope you can help make that happen! Registration is tiered this year, please review the costs and dates associated with increases! There will also be contests throughout the online registration time, to get you and your team motivated! Check out the website for more information.

Monthly and archived TVDSA newsletters are available on our website at: [www.idahodownsyndrome.org](http://www.idahodownsyndrome.org) for viewing and sharing.

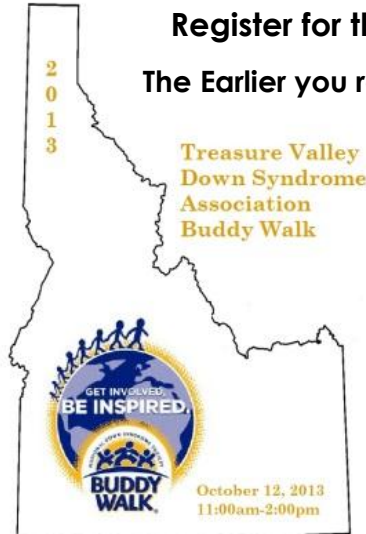
Newsletter Editor: [Celena Auger](#)

August 2013

## TVDSA 11<sup>th</sup> Annual Buddy Walk – October 12<sup>th</sup> Registration is Now Open!!!

Register for the Buddy Walk and Build Your Team!!!

The Earlier you register the more you save! Register Today!



When: Saturday, October 12<sup>th</sup> at 11:00am

On-site Registration will be open from 9:00am-10:30am at Capitol Park.

The walk will start promptly at 11:00am walking down Capitol Blvd to Julia Davis Park.

At Julia Davis Park, enjoy live entertainment, bounce houses, games for the kids, lunch and a raffle filled with exciting items including Southwest Airline tickets!

Your registration fee includes a t-shirt (only online registration will guarantee size requested), and a food ticket.

**Early Online Registration will run from July 15th through September 1st:**

\* Adult registration (13 & up): \$15.00 Child registration (12 & under): \$7.00

**Extended Online Registration from September 2nd through September 22nd:**

\* Adult registration (13 & up): \$20.00 Child registration (12 & under): \$10.00

**On-site Registration: October 12<sup>th</sup> 9:00am-10:30am:**

\* Adult registration (13 & up): \$25.00 Child registration (12 & under): \$15.00

*please note t-shirt size not guaranteed with on-site registration*

**New this year – TVDSA will be holding various registration contests during the online registration period. Watch for email notifications.**



Thank you to the following 2013 Buddy Walk Sponsors!

Platinum Level:

St. Luke's

Silver Level:

Disney

Idaho Power

Gold Level:

Advanced Therapy Care

Southwest Airlines

Bronze Level:

Community Partnership of ID

Elevated Dance Project

## Calendar of Events

August 6th:

### **TVDSA Board Meeting**

7:00-9:30pm at A New Leaf

Contact: [Kristie Yerger](#)

August 10th:

### **Lil' Buddies:**

10:00am-12:00pm at Journey's

house in Kuna

Contact: [Jennifer Rice](#)

August 14th:

### **Buddy Walk Meeting**

6:30pm-7:30pm at the Library! at Ustick and Cole in Boise.

Contact: [George Taylor](#)

August 15th:

### **Ceramica Fund Raiser**

5:00pm-9:00pm

### **Best Buds at Ceramica**

5:00pm-7:30pm

Contact: [Malu Mulholland](#)

August 17th:

### **Home Depot Workshop for Kids with Disabilities**

9:00am-12:00pm

at the Meridian Home Depot

August 17th:

### **Cool Club** at Big Al's in

Meridian 10:00am-12:00pm

Contact: [Andrew Kopping](#)

August 24th:

### **Lil' Buddies:**

1:00pm-3:00pm at Caleb's house in Eagle.

Contact: [Jennifer Rice](#)

August 27th:

### **D.A.D.S. Meeting**

6:30pm-8:00pm

Fuddrucker's in Meridian

Contact: [Gus Olmos](#)

August 28th:

### **Buddy Walk Meeting**

6:30pm-7:30pm at the Library! at Ustick and Cole in Boise.

Contact: [George Taylor](#)

August 31st:

### **TVDSA Night at Meridian**

**Speedway** at 6:00pm

\$1.00 tickets are available.

Contact: [Paul Auger](#)

## 5 Back-to-School Suggestions from a Special Education Teacher by: Melissa Ferry

As an educator, I understand that one of my primary roles is to develop a positive relationship with families and form open lines of communication between the school and the home. Each student is part of a unique family and in order to effectively teach that child, you must first understand the family. No individual can be understood without recognizing how he or she fits within the entire family. This is a crucial consideration when teaching that I fear many more veteran teachers than I fail to understand.

If you are reading this, I want to assure you that I am confident that teacher's across the United State are working hard every day for your child. Public educators have received a lot of criticism the last several months stemming from political decisions but the majority of us would agree that we do this job because we LOVE it – not for any monetary reward. We hold your child's best interest at heart and we are one of their biggest supporters.

At the same time, I recognize that parents are the ones that know their children the best. Therefore, it is my hope in this posting that I can offer some helpful hints as to how schools and parents can work together as a team to provide what is best for children with special needs. I am hoping to offer insight from the "school side" so parents can understand their vital role in the education process and how important their active involvement and participation throughout the school year truly is. So, without further ado, some back-to-school suggestions for parents with students who have special needs:

### 1. **Introduce yourself!**

I work in a resource room and generally my caseload involves rather high-functioning students. I was shocked at how very few parents I met at open house (1 out of 19!) I know you and your child are interested in meeting the classroom teacher and touring the building looking for old friends, and I know the first day of school is just chaos, but take just a moment to make sure you and your child know all the teacher's that will be working with your child. It is so important to establish that relationship as soon as possible.

### 2. **Stay Involved!**

I hope your child has a teacher that communicates often but don't feel like you are hovering or being bothersome by calling or sending an email to keep in touch with the teacher and stay current on your child's academic progress and scholastic performance. I gave out my email and a personal phone number at the beginning of the year and at various other times and not one parent ever communicated through either of these modes. Ideally, I would like to talk with each of my parents at **least** once a month. Typically, special education teachers have a smaller caseload than their general education colleagues. I may be stepping into murky water with this comment but there should be no excuse why a teacher can't make time to communicate with a parent if given ample opportunity to do so that works with the schedules of both teacher and parent.

*Continued on Page 5*

## Shop With Scrip and Give Back To TVDSA

Purchase Gift Cards for holiday shopping, gifts for friends and family, dining, gas, entertainment, and more. A percentage of all sales goes to TVDSA!

Visit [www.shopwithscrip.com](http://www.shopwithscrip.com), set up a free account, link to TVDSA by using the enrollment code: BC8651D833664 and start shopping, all while donating money to TVDSA! Questions or problems contact [Malu Mulholland](#).

## GoodSearch and TVDSA

You search the internet all the time anyway, why not do it and earn money for TVDSA. Just go to: [www.goodsearch.com](http://www.goodsearch.com) and select TVDSA as your favorite cause. Simply search Down syndrome, we can be found near the end of the list. Then every time you do an internet search a donation is made to TVDSA. Tell everyone you know about GoodSearch for TVDSA.



## Art for Art – A Night on the Boardwalk October 4<sup>th</sup>

The Boardwalk will take place inside the Creative Access Art Center, and will include your work along with the work of other local artists using a wide range of media on a consistent substrate - 12 x 12 plywood boards - which we will provide to you. The boards are ready to be picked up at the Creative Access Art Center, 500 South 8th Street between 9:00am and 5:00pm M-F, (use our accessible entrance on the east side of the building as 8th street is under construction) and must be returned by Friday, August 30th.

Art will be sold in \$2.00 increments priced between \$75.00 - \$350.00. Additionally, several pieces will be reserved for a live auction the night of the event. Each artist will assist us in pricing their work accordingly so that all price ranges are represented. Artists will receive 30% of the proceeds with 70% benefiting our programs, or artists may choose to donate 100%.

A public preview will take place the week of September 30<sup>th</sup>. Tickets to the event being held Friday, October 4<sup>th</sup> will be on sale for \$30.00 each or \$50.00 per couple. Participating artists receive one free ticket to the event.

For more information, contact: Idaho Parents Unlimited: [angela@ipulidaho.org](mailto:angela@ipulidaho.org)

## 'Handicapped' Symbol Gets Facelift by: Shaun Heasley



An effort to revamp the icon that's long symbolized accessibility on everything from parking lot signs to bathrooms is gaining traction with New York City agreeing to adopt a new look.

New York City plans to adopt a redesigned "handicapped" symbol. (Courtesy: [accessibleicon.org](http://accessibleicon.org))

An updated version of the seemingly ubiquitous blue and white "handicapped" symbol will soon be plastered across New York.

Rather than depict a static person in a wheelchair, the new icon displays an active, in-motion version of life with a physical disability.

"It's such a forward-moving thing," Victor Calise, commissioner of the New York mayor's Office for People With Disabilities, told The Chronicle of Higher Education.

Backers of the new icon, which was spearheaded by a philosophy professor at Gordon College in Massachusetts, say they hope that adoption by the nation's largest city will lead to more widespread acceptance of the design.

Source: [Disability Scoop](http://DisabilityScoop.com), July 10, 2013

## Teens With Disabilities Face High Rates Of Bullying by: Michelle Diamant

Roughly half of adolescents with autism, intellectual disability, speech impairments and learning disabilities are bullied at school, new research suggests.

That's significantly higher than the rate of bullying faced by typically developing students, about 1 in 10 of whom are victimized by their peers.

The findings in the Archives of Pediatrics & Adolescent Medicine are based on data from a nationwide survey of more than 900 parents of teens receiving special education services. Researchers found that about 57 percent of students with intellectual disability were bullied, while slightly less than half of students with autism, learning disabilities and speech/language impairments were victimized.

Parents also reported that some students with disabilities were responsible for perpetrating bullying, but this occurred

at rates more similar to those experienced by typically developing students, the study indicated.

The likelihood that a teen would be bullied was greatest for those with the worst social skills, researchers said. What's more, students with disabilities who spent more time in mainstream classrooms tended to face a higher risk of bullying. Accordingly, the researchers said that schools need to do more to promote an accepting environment. "Tailored antibullying programs are needed to address the unique needs of these vulnerable adolescents given their social, communication and academic impairments," wrote Paul Sterzing of the University of California, Berkeley and his colleagues in the study.

Source: [Disability Scoop](http://DisabilityScoop.com), September 4, 2012



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## Social Groups Page

### TVDSA Family Night at the Speedway

Thanks to Meridian Speedway & Rick Murray TVDSA Family Night at the Speedway will be Saturday, **August 31<sup>st</sup> at 6:00pm**

Tickets are only **\$1.00 each**. TVDSA Paid Members will receive 2 Free Tickets, but you must request by Aug 10<sup>th</sup>.

Please contact us by **Aug 26<sup>th</sup>** to arrange for your tickets.

If you are interested in taking your family & friends? Please contact Paul Auger by email or 208-639-0626.

### Dads Appreciating Down Syndrome (D.A.D.S.) Meeting:

D.A.D.S. will be meeting at Fuddruckers in Meridian

**Tuesday, August 27<sup>th</sup>**  
from **6:30pm-8:00pm**.

For more information about **D.A.D.S.** please contact Gus Olmos

### Moms Outing:

The Moms are going to the **Movies in August!**

Please join us at **Edwards Theater** located at 7701 Overland Rd. for a night of relaxation and some popcorn.

Date and movie selection to be determined.  
Please watch your email.

For more information contact: Malu Mulholland. If you have suggestions for outings please share!

## Lil' Buddies (age birth-5 years) Update:

### August Gatherings:

Lil' Buddies will be playing at Journey's house located at 612 Rams Hill St. in Kuna on **Saturday, August 10<sup>th</sup> from 10:00am-12:00pm**.

Lil' Buddies will be also be playing at Caleb's house located at 478 E. Stonewater Ct. in Eagle on **Saturday, August 24<sup>th</sup> from 1:00pm-3:00pm**.

Need more information on **Lil' Buddies?** Please contact Jennifer Rice



## Best Buds (Elementary) Update:

### August Gathering:

Best Buds will be joining in on the **Ceramica** Fund Raiser Night, **August 15<sup>th</sup> from 5:00pm-7:30pm**. Ceramica is located at 1002 S. Vista Avenue, in Boise. TVDSA will purchase a piece to paint, up to \$5.00, for each individual with Down syndrome. Please note: those painting

will need to pay the \$6.00 studio fee.

We hope to see you there!

Need more information on **Best Buds?** Please contact Malu Mulholland

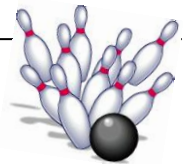
## Cool Club (Jr./Sr. High)

### August Activity:

Cool Club is going bowling! Please join us at **Big Al's** located at 1900 N. Eagle Road in Meridian on **Saturday, August 17<sup>th</sup> from 10:00am-12:00pm**. TVDSA will pay for the games of bowling. We do need a headcount to reserve lanes, please RSVP.

Come and have a good time knocking down some Pins!

Need more information on Cool Club? Please contact: Andrew Kopping (208) 350-9908



## Adults in Motion (AIM)

**AIM will be meeting again in September watch for details in next month's newsletter.**

Have a great summer!

For more information about **AIM** contact: Freddie Gallas or Niculina (Nina) Bistriceanu

## Want to Perform at the 2013 Buddy Walk ?

Elevated Dance Project's Verge Dancers will again be asking for assistance from TVDSA families during the **Buddy Walk Performance on October 12<sup>th</sup> at Julia Davis Park**. This opportunity is open to anyone with Down syndrome **ages 8 and Up!** They will be learning the routine on Thursday nights from **5:15pm-6:15pm, September 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>, October 3<sup>rd</sup>, & 10<sup>th</sup>**. The Elevated Dance Project

studio is located at 1396 Iron Eagle Drive in Eagle.

If you or an individual with Down syndrome you know would enjoy dancing on stage or if you have additional questions, please contact Genevieve Kopping at sopranogen@yahoo.com or Celena Auger at cauger@cablone.net

## Conferences, Workshops, Webinars & TVDSA Scholarship Information

### STARS Pediatrics and Jumpstart

Free Screenings for Fall Openings

**August 9<sup>th</sup>  
from 12:30pm-3:30pm**

Jumpstart is for children between 3-5 years old, meets 4 days per week for 3 hours a day and provides intensive comprehensive therapy services with a 1:1 ratio in a therapeutic preschool setting.

**Please call: (208)367-8282** to schedule an appointment time.

### Home Depot Workshop for Kids with Disabilities

**August 17<sup>th</sup> & October 19<sup>th</sup>**  
from 9:00am-12:00pm  
at the Meridian Home Depot:  
1100 S. Progress Ave  
Meridian, ID

Free workshop is geared to provide a fun, quiet, low stress, warm and welcoming environment for kids with special needs of all ages and abilities. Various methods will be provided.  
Come to one or come to all.

### Boise Parks & Recreation's AdVenture Program Adaptive Recreation

A wide range of recreational, social and educational programs for youth and adults with disabilities. Scholarships available.

AdVenture offers classes, camps, outdoor trips, and recreation activities designed for people with a variety of disabilities including, but not limited to: orthopedic, spinal cord, neuromuscular, hearing and visual impairments as well as intellectual disabilities.

To learn more, please visit [www.cityofboise.org/AdaptiveRecreation](http://www.cityofboise.org/AdaptiveRecreation), call 208-608-7680 (TTY 1-800-377-3529), e-mail [AdVentureProgram@cityofboise.org](mailto:AdVentureProgram@cityofboise.org) or like us on Facebook, [www.facebook.com/bprAdVentureProgram](https://www.facebook.com/bprAdVentureProgram).

### [Wrightslaw Conferences](#)

Special Education Law and Advocacy

Various dates and locations across the U.S.

### [TVDSA Scholarships](#)

Did you know that TVDSA supports members in gathering information at local and national conferences and/or workshops?

The TVDSA Scholarship program is NOT income based, so everyone is eligible.

Please see our [Scholarship application](#) for the guidelines and how to apply today.

### Idaho Partnerships Conference "Seeing Beyond"

**October 17<sup>th</sup> & 18<sup>th</sup>**  
Boise ID  
[Registration](#) opens July 29<sup>th</sup>!

### [Inclusive Higher Education:](#) "Moving from Good Ideas to Great Outcomes"

**November 16<sup>th</sup>-17<sup>th</sup>**  
Washington DC

## Back-to-School Suggestions (continued from Page 2)

### 3. Ask Questions!

Especially at the [IEP](#). So many times, I feel like parents are lost in the educational jargon during the IEP's and parent-teacher conferences. The decisions made at these meetings are part of a legal process that directly effects your child's education. The impact is HUGE! On our part, it is the role of the teacher's and educational staff to ensure that parents are comfortable at these meetings and understand the proceedings. However, don't be bashful and SPEAK UP even if it is for the smallest thing. I encourage you to read the paperwork and understand what you are signing.

### 4. Check your child's backpack daily!

Oh, I can't tell you how many times I have worked hard at creating a letter to keep in touch with parents or sent important information home and the child comes back the next day with the paper crumpled at the bottom of his or her school bag. This includes Friday Folders if your child has one. I had a parent pick up a student and I watched as they opened the backpack, took out the Friday Folder, and dumped all of its content into the trash! Oh gosh, my heart was crushed as I knew there was work contained in the contents of that folder that the child was so proud of and it saddened me to know that the parent did not share in that pride. I know that life gets busy, I know that this is coming from a teacher who does not yet have kids herself, but please, please take time to look at your student's work and be excited about their accomplishments!

### 5. Continue to be the Proud Parent You Are!

Please let your child know how talented, intelligent, and special they really are; something I am so fortunate to witness every time they walk into my classroom. Even the smallest of accomplishments can be something to celebrate! Your child works hard every day on skills that are the hardest for them – things that may seem easy to you or I may be grueling for them – recognize, appreciate, and be proud of these small successes!



Source: [Friendship Circle Blog](#), August 17, 2011

Melissa Ferry is a Special Education Teacher for the Mt. Pleasant Public Schools in Michigan.





TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

PO Box 1404  
Meridian, Idaho 83680  
208-954-7448

We're on the Web!

See us at:

[www.idahodownsyndrome.org](http://www.idahodownsyndrome.org)

Check us out on  
[Facebook](#) and [Twitter](#)!



## Ceramica Fund Raising Event

1002 S. Vista Avenue, in Boise  
August 15<sup>th</sup> from 5:00pm-9:00pm

The entire \$6.00 per person's painting fee for ANYONE that shows up during this time will be donated to TVDSA!  
PLUS: Receive 20% off pottery pieces costing at least \$3.00.

You choose your colors and paint your design. Paint as long as you like, leave it to be glazed and fired, then pick up your masterpiece.

## TVDSA Greeting and Note Cards!

TVDSA has greeting & note cards available to purchase.

You can purchase a set of 11, with one of each of the prints, or a set of 10, of a single print. **Cost: \$7.00** per set.

**CLOSEOUT: 2013 Calendars only \$5.00** (while supplies last.)

To [view and order](#) the greeting/note cards visit our: [website](#) or contact: [Kristie Yerger](#).



## From the TVDSA Lending Library:

**Attention Games: 101 Fun, Easy Games that Help Kids Learn to Focus**

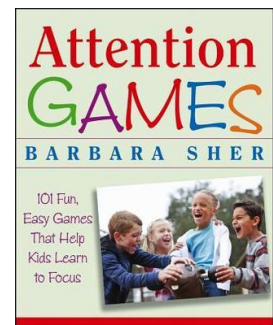
by: **Barbara Sher**

If you want to focus children's attention, you first have to capture their interest. "Attention Games" is filled with interesting and child-tested activities that can help children of all ages become better at focusing and paying attention. By sharing the upbeat, joyful activities in "Attention Games," you can enhance your child's intelligence, boost his confidence, increase his ability to concentrate on one thing for long periods, and show that you care. Developed by Barbara Sher--parent, teacher, play therapy specialist and pediatric occupational therapist--these activities are specially designed to

encourage kids to expand their powers of attention in ways that will help them throughout their lives.

*Attention Games* is available in the TVDSA library. Members may reserve it by contacting the librarian at [library@idahodownsyndrome.org](mailto:library@idahodownsyndrome.org).

For a complete list of the books/DVDs available through TVDSA, please check out our [Lending Library](#).



*The mission of Treasure Valley Down Syndrome Association is to enhance the quality of life for persons with Down syndrome by promoting inclusive environments, providing accurate information to parents, families, and the community, and by advocating respect, dignity, and appropriate supports for people with Down syndrome.*

### Board of Directors:

President: [Kristie Yerger](#)

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For more information, articles, past newsletters and more, please visit our website: <http://idahodownsyndrome.org>  
Mailing: PO Box 1404 Meridian, ID 83680; Check us out on [Facebook](#) and [Twitter](#)